BACK IN BUSINESS
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SCI-FI FACT?
IS MOVIE FICTION MOVING CLOSER TO REALITY? {page 15}

VANCOUVER metro®

Tuesday, January 31, 2012
www.metronews.ca

News worth sharing.

VPD bites back in police dog-mauling lawsuit

Vancouver police releases video to provide 'full context' of what happened in 2011 incident ◆ Plaintiff says he shouldn't have hit the bus, but that the repercussions were 'overboard' ◆ He is suing for use of excessive force

PHYLICIA TORREVILLAS
@METRONEWS.CA

The Vancouver Police Department is fighting back against a dog-mauling lawsuit by releasing a video of the plaintiff smashing a window on a transit bus with his skateboard prior to the dog bite.

Deputy Chief Adam Palmer showed video footage of Christopher Evans, 33, repeatedly smashing the passenger door window of a Coast Mountain bus.

Evans, a construction worker and DTES resident, alleges that he was later tracked down by the VPD's canine unit while skateboarding home through an alley where he was bitten and had to receive almost 100 staples to close up his wound.

He is suing the VPD for the injuries he sustained during his arrest.

The video taken from the on-bus security camera shows Evans appearing in front of the bus just before it pulls away. He then strikes the closed passenger window with a skateboard several times.

"What do you want from me?" the female driver asks.

"Open the fucking door," Evans yells back, and strikes the glass some more.

Palmer said the VPD released the video to provide "full context" of what happened.

"We want to provide some context because at this point you've only heard one side of the story," he added.

Police recommended charges against Evans for mischief under $5,000, but Crown stayed the single count.

In his statement of claim, Evans said the arresting officer used excessive force in unleashing the dog, which bit his upper right leg five times.

PHYLICIA TORREVILLAS/METRO

▶ VPD Deputy Chief Adam Palmer displays a video showing Christopher Evans smashing a transit bus window. Evans, who says he needed 100 staples to repair his leg, inset, is suing the VPD for excessive force and careless use of a police dog.

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ONE-HIT WONDER

Nanoblur Optical Skin Cream, £19.99, Boots

THIS is one of those 'miracle in a tube' products that lives up to the hype.

It is described as an advanced optical cream (the coverage smoothes the surface) and immediately reduces the appearance of fine lines, crow's feet and wrinkles.

If you are into instant fixes, this is the one to buy. The same lab have produced Snoxin — an anti-ageing serum which contains four next generation peptides at their highest concentration — which already looks like it's going to be a hit for 2012.

Nanoblur as seen at

Actual clip taken from The Daily Mail, Dec 30th 2011. *Nanoblur has been the #1-selling SKU in December of 2011 at Boots®, the leading UK pharmacy chain.

Rexall Walmart SHOPPERS DRUG MART

Stayed charges against Pickton slammed

To this day, Lori Shenher doesn't understand why an attempted murder charge was dropped against serial killer Robert Pickton in 1997.

Testifying at the Missing Women Commission of Inquiry, Det.-Const. Shenher — the Vancouver police officer tasked with investigating the disappearance of women in the Downtown Eastside — expressed her frustration that Pickton escaped justice because prosecutors deemed his escaped victim as an unreliable witness.

SCREEN GRAB

▶ Det.-Const. Lori Shenher

"I never came to know why these charges were stayed," Shenher told commissioner Wally Oppal. "I found it incredibly frustrating that was their perception. Had she died, as morbid a thought as it is, we probably would have had a slam-dunk murder conviction without her testimony."

In 1998, Shenher was following up on a Crime Stoppers tip linking Pickton to the disappearances of sex-trade workers in Vancouver when she learned about the dropped attempted murder case in Coquitlam.

She even tracked down the surviving victim and heard her story first-hand.

The woman agreed to accompany Pickton to his farm for $100 but grew increasingly alarmed as the night went on.

When she reached for a phone book to find a way off the property, Pickton allegedly slapped a handcuff on her arm and a vicious fight for survival broke out.

The woman was severely injured with stab wounds but still managed to run away and flag down a passing vehicle to safety.

Shenher debunked any notion that the victim would have somehow jeopardized the case because she was drug addict.

"There was nothing in my interactions with her that would have made me question her credibility at all," Shenher asserted.

Pickton wasn't arrested until 2002, five years after the initial attempted murder charge against him was dropped.

MATT KIELTYKA

For more local news visit metronews.ca/vancouver

UBC defends animal testing

In 2010, 211,604 animals were used for scientific research

KENDRA WONG
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GETTY IMAGES

▶ The University of British Columbia is defending its use of animals in testing.

The University of British Columbia defended its use of animal testing Monday, claiming a majority of more than 200,000 animals were used in basic science projects that cause less than minor or short-term stress.

"(All animal-testing projects) go through the same stringent review (on the university's ethics committee)," said Helen Burt, associate vice-president, research and international. "If the study is approved, it's only because animals are absolutely necessary for those purposes and no other methods would be appropriate."

In 2010, 211,604 animals were used for scientific research at the university — 55 per cent were rodents, 35 per cent were fish, six per cent were reptiles and amphibians, and one per cent were birds.

In addition, 1,863 small mammals, 1,570 large mammals, and 651 marine mammals were also involved.

Two-thirds of animals were used in basic biology, psychology, physiology and biochemistry projects to "help scientists advance knowledge about wild animals, about human and animal health, and about the world we live in."

Twenty-seven per cent of animals were involved in medical studies, while five per cent were used for scientific breeding.

Brian Vincent, director of STOP UBC Animal Testing, called the information "light and fluff."

"This doesn't tell us anything about what they're doing to the animals and the species (that are involved). They are still hiding lots of information," he said.

Alleged drunk driver had child in car: RCMP

MATT KIELTYKA
@METRONEWS.CA

There will be no new glossy Best Daddy Ever mug for one Sunshine Coast man.

Instead, a 44-year-old resident of Garden Bay is facing charges of impaired driving and refusing to provide a breath sample after police pulled over the man for allegedly being intoxicated in Sechelt.

As an RCMP officer approached the car, he noticed that a four-year-old girl was also in the car with a number of beer cans — opened and unopened — scattered around her feet.

The Ministry of Children and Families was called to the scene after police decided the father's condition "posed an immediate and imminent threat to his daughter."

She was eventually placed into the care of family friends while her father was given a 90-day driving prohibition.

News in brief

Firefighter escapes burning home

A volunteer firefighter escaped with his life after a fire ripped through his mobile home in the Shuswap area east of Kamloops.

The fire broke out Sunday in the home of the firefighter in the community of Malakwa.

CHNL/THE CANADIAN PRESS

Woman dies after house blaze

A woman who was trapped in a Fraser Heights home during a fire on Sunday died in hospital Monday.

A man had managed to escape the flames and frantically alerted crews to the situation in the Surrey neighbourhood.

NEWS1130/CKNW

1 news

From nuclear terrorism to personal theft, Indy battens down hatches for Super Bowl. Scan code for story.

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Twitter's awful recruitment video wants you and your droll wit. Watch at metronews.ca/video

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Men. With brooms

▶ Combat veterans from across Canada and Great Britain take part in wheelchair curling on Monday at the Vancouver Paralympic Centre.

JENNIFER KWOK/FOR METRO

These guys really rock

The veterans were in town on an eight-day program sponsored by Battle Back and Soldier On, which helps injured service personnel return to an active life by introducing them to adaptive winter sports and recreational activities.

New Taser laws now in effect

JEFF HODSON/METRO FILE

▶ David Eby

B.C.'s new Taser laws may give police clear direction about when to use the weapon, but some critics say more laws are required to protect the public.

The new standards, which came into effect Monday, require all provincial police forces to be trained in crisis intervention and de-escalation techniques. Const. Lindsey Houghton, VPD spokesperson, said the department has already adopted many of the recommendations.

But David Eby, executive director of the B.C. Civil Liberties Association, said the guidelines don't go far enough.

"There are no restrictions in the policy around using a Taser on a child or on seniors and I expect that we will see increased restrictions in the future," he said.

He cautioned that because the policy gives clear indications of when the weapon can be used, officers might be more inclined to deploy it.

The changes are based on Commissioner Thomas Braidwood's 18 recommendations after the death of Polish immigrant Robert Dziekanski in 2007.

KENDRA WONG

Former premier being sued by man who forced him to resign

Former conflict of interest commish claims Bill Vander Zalm tarnished his reputation ◐ Ex-premier resigned in 1991 over theme park sale

One of the darkest chapters in British Columbia's political history is being resurrected with a defamation lawsuit against former premier Bill Vander Zalm, who is being sued by the man who helped force his resignation in 1991.

The lawsuit by former conflict of interest commissioner Ted Hughes says Vander Zalm falsely published defamatory statements attacking his reputation in a 2008 book title Bill Vander Zalm: For the People.

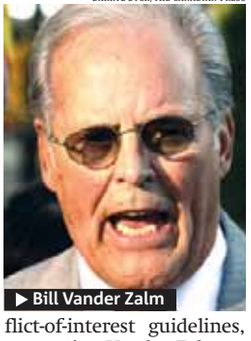
Hughes's lawyer, Irwin Nathanson, told B.C. Supreme Court that he will be calling his client and former NDP premier Mike Harcourt, who succeeded Vander Zalm, to testify.

"The natural and ordinary meaning of the passages meant that Mr. Hughes was self-interested, he was biased and he was politically partisan," Nathanson told the jury.

The court heard that in February 1991, Vander Zalm asked Hughes, then the acting conflict of interest commissioner, to conduct an inquiry into the 1990 sale of Vander Zalm's Fantasy Garden World theme park after allegations that the Taiwanese buyer had received favourable treatment.

Hughes concluded on April 2 that Vander Zalm, who led the Social Credit Party, had breached conflict-of-interest guidelines, prompting Vander Zalm to resign immediately.

DARRYL DYCK/THE CANADIAN PRESS



▶ Bill Vander Zalm

In his book, portions of which were read in court, Vander Zalm said he should never have agreed to the inquiry.

The passages are also outlined in Hughes's statement of claim, filed in October 2010.

"I now know this was the biggest mistake of my entire life," Vander Zalm wrote.

Vander Zalm's lawyer, Frank Potts, said he will call only the former premier to testify for the defence.

In his statement of defence filed in December 2010, Vander Zalm denied most of Hughes's claim, including his version of how he came to write the report that found Vander Zalm had violated conflict-of-interest guidelines.

He also said Hughes had taken the book passages out of context.

THE CANADIAN PRESS

SEA-TO-SKY COLLISION

Crash suspect released

A 19-year-old Calgary man arrested after a fatal collision on the Sea to Sky Highway on Saturday is out of jail. RCMP say the man was released pending further investigation, including the possibility that he was drug-impaired.

"In an effort to ensure the strongest case possible, there is more evidence to be gathered," RCMP Sgt. Peter Thiessen said in a statement. "Once that evidence is obtained, investigators are confident that the investigation will move forward."

The man was arrested after a pickup truck crossed the centre line and crashed into an oncoming limousine, killing Shafiqur Rahman, 54, from the Lower Mainland.

PHYLICIA TORREVILLAS

Vandalism leads to gun bust

Three tires on an RCMP vehicle were slashed near the Fraser River in Agassiz early on Jan. 8.

The vandalism took place while an officer stopped to patrol at the 11300 block of Gill Road.

A 23-year-old Rosedale man was arrested the next day.

An unsecured firearm was found in the truck he was driving, and upon his release, police seized several firearms and ammunition at the man's home.

JENNIFER KWOK

HOV lanes to open on weekends

Beginning on Feb. 3, high-occupancy vehicle lanes between Grandview Highway and the Port Mann Bridge will be open to all traffic on the weekends. However, normal HOV lane restrictions will remain in place from 6 a.m. to 7 p.m., Monday to Friday.

The change allows for construction on the new 10-lane, tolled Port Mann Bridge and Highway 1. Both are slated for completion by the end of the year.

KENDRA WONG

Langley high school under lockdown again

For the second time in three months, Langley Secondary School was locked down after someone reported seeing a gun. RCMP ordered the lockdown on the basis of an anonymous report that a person was carrying a gun in a backpack.

No shots were fired and a search of the building found no weapon. No one was hurt.

Police could not say whether the call was a false report or a mistake by the caller.

There was a similar lockdown at the school in November, when a 17-year-old boy brought a cap gun to school.

No charges were laid in that incident, since the teen had not intended to threaten anyone.

THE CANADIAN PRESS, CKNW

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Girl-style bullying vs. boy-style bullying

CONTRIBUTED

▶ Mean Girls' Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while The Karate Kid's Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

The bullying may not always look the same, but both boys and girls bully — from name-calling to pushing, shoving and rumour mongering

STEPHANIE ORFORD
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FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite.

The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect," she said.

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring," Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

Singh said when peers intervene, bullying often stops immediately.

Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet

Dating bullying

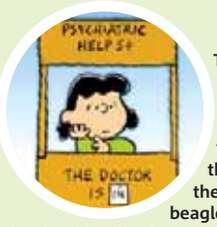
- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)

What's more hurtful — social alienation or physical bullying? Tweet us @metrovancouver

TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.



Lucy Van Pelt
The Doctor is in since 1952

The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.

Sue Sylvester
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchman exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.

Nelson Muntz
Haw-hawing since 1990

Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.

Simon Cowell
Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.

MIKE DOJC
FOR METRO CANADA

Wednesday in Metro: Cyber bullying

In the final installment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.

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YUKON TRAGEDY

RCMP probe deaths

Five people, including two school-age children, were found dead at a home in a Whitehorse suburb Sunday, but the RCMP said they do not suspect foul play.

The bodies of the children, their parents and a male boarder were discovered by a family friend who had gone to check on the house in Porter Creek, Yukon.

Sgt. Dan Rogers said the deaths are not suspicious, but he would not say whether air quality, such as carbon monoxide poisoning, was to blame.

THE CANADIAN PRESS

Climate change drying up forests

Research shows northern forests in the three Prairie provinces are drying up from drought caused by climate change, while the eastern boreal forest is holding its own. A paper published Monday suggests the forests of Alberta, Saskatchewan and Manitoba are emitting more greenhouse gases than they absorb. THE CANADIAN PRESS

Global warming

- The findings are bad news for those counting on forests to suck more carbon out of the atmosphere than they emit as trees die. Data suggests eastern forests emit about as much carbon dioxide as they absorb, but that's no longer the case in the West.

Tories have 'taken off the sweater vests'

Conservatives take tough stance as MPs head back to House of Commons

SEAN KILPATRICK/THE CANADIAN PRESS

▶ People make their way toward the Centre Block of Parliament Hill as business resumes following the winter break in Ottawa on Monday.

A winter parliamentary session that many have predicted will be a donnybrook began Monday with the gloves still on, and the only jersey askew being a powder-blue sweater vest.

"Very, very clearly, this government has taken off the sweater vests," said Peter Julian, the NDP finance critic. "They've taken off any pretence of moderation and a responsible approach to public policy."

The Conservative government, which spent last fall clearing a number of long-standing legislative promises, wades into 2012 giving clear signals of a more far-reaching agenda.

With deep spending cuts, pension reform, a new copyright act, changes to environmental assessment reviews, an end to the long-gun registry and tough criminal justice reforms all on deck, the opposition will have plenty to chirp about.

All signals point to Finance Minister Jim Flaherty rolling out the kind of tough budget that Liberal Paul Martin unveiled in 1995 in Jean Chrétien's first majority government.

The Conservatives may be betting that short memories and an improving economy will be enough to win over voters angered by this year's tough medicine.

THE CANADIAN PRESS

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January

31

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Afghan woman killed for bearing a girl: Police

Cops say husband strangled his wife Women's rights in Afghanistan a concern as NATO withdraws

An Afghan woman has been strangled to death, apparently by her husband, who was upset that she gave birth to a second daughter rather than a son, police said Monday.

It was the latest in a series of grisly examples of subjugation of women that have made Afghan headlines in the past few months — including a 15-year-old tortured and forced into prostitution by in-laws and a female rape victim who was imprisoned for adultery.

In the 10 years since the ouster of the Taliban, great strides have been made for women in Afghanistan, with many attending school, working in offices and even marching in protests. But abuse and repression are still common.

Gender bias

- Boy babies are traditionally prized much more highly than girls in Afghanistan.
- A son means a breadwinner and a daughter is seen as a drain on the family until she is married off.
- Even so, a murder over the gender of a baby would be rare and shocking if proved true.

The man in the latest case, Sher Mohammad, fled the Khanabad district in Kunduz province last week, about the time a neighbour found his 22-year-old wife dead in their house, said district police Chief Sufi Habibullah. Medical examiners said she had been strangled, Habibullah said.

The woman, named Estorai, had warned family members that her husband had repeatedly reproached her and threatened to kill her for giving birth to a daughter, said provincial women's affairs chief Nadira Ghya. Estorai gave birth to her second daughter between two and three months ago, Ghya said.

Police took the man's mother into custody because she appears to have collaborated in a plot to kill her daughter-in-law, Habibullah said. Ghya, who visited the mother in prison, said that she swears that Estorai committed suicide by hanging. Police said they found no evidence of hanging from the woman's wounds. THE ASSOCIATED PRESS

Fight. Back

▶ A riot police officer fires tear gas toward Bahraini anti-government protesters, unseen, during a march in Sitra, Bahrain, on Monday.

HASAN JAMALI/THE ASSOCIATED PRESS

Youth's death sparks clash with police

Clashes erupted after a mourning procession marking three days since the death of a teenager while in police custody.

Macedonian Muslims called to calm anger

Muslim leaders in Macedonia appealed for calm on Monday among community members outraged over a carnival in which Orthodox Christian men mocked Muslims by dressing as Burqa-clad women. The incident at the Jan. 13 Vevcani festival has prompted angry, sometimes violent demonstrations by Muslims, who make up 33 per cent of the country's 2.1 million population. THE ASSOCIATED PRESS

Adam Beach stars in the new hit series critics call:
"Seat-of-the-pants romantic adventure."
– Postmedia News
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Northwest Territories
CANADA
CBC

Ice melt brings killer whales north: Report

Once rare, sightings have been rising in recent years

HANDOUT

▶ Mother and calf killer whales swim near the B.C. coast.

Researchers say melting Arctic sea ice is enticing more killer whales to Nunavut waters where they are competing with Inuit hunters for food and threatening to replace polar bears as the North's top predators.

Scientists from the University of Manitoba interviewed hunters from 11 of the territory's communities about their observations on the habits of killer whales seen in the area. The findings are published in the online journal Aquatic Biosystems.

Lead author Steven Ferguson, who is with the Department of Fisheries and Oceans Freshwater Institute at the university, said the Inuit are seeing more killer whales. The powerful predators tend to avoid sea ice but that ice is disappearing.

Once in the Arctic, he said, killer whales have been seen to use a variety of hunting tactics to feast on belugas, seals and narwhals.

Sea ice often provides the only cover such mammals have to escape one of the orcas.

"If we lose that sea ice, they are now going to be out in the open water and don't have the kind of strategies to reduce the risk of a killer whale catching them and eating them," Ferguson said.

THE CANADIAN PRESS

Colombia. Blooms

▶ A woman cuts roses at the Mongibello flower company in Chia, Colombia, on Monday. The roses will be shipped to the U.S. ahead of Valentine's Day, the company's biggest holiday for fresh-cut flower sales.

FERNANDO VERGARA/THE ASSOCIATED PRESS

Southern flower power

According to statistics from the Society of American Florists, more than 80 per cent of the roses bought in the U.S. for Valentine's Day come mainly from Colombia and Ecuador.

Sports car signed by Bieber nets $40,000 for charity

Someone is paying $40,000 to drive away with Justin Bieber's autograph.

The last-minute bid Monday afternoon was enough to win the eBay auction for a car signed by the Canadian pop sensation.

Bieber had autographed the red 2012 Hyundai Genesis Coupe 2.0 Turbo over the Christmas holidays.

The money raised by the auction is to be used to fix up the skateboard park in Stratford, Ont., Bieber's hometown.

Bidding had stalled at just over $30,000, which was less than the minimum the seller would accept. But the winning bid came through in the final minutes of the auction.

THE CANADIAN PRESS

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SHAFIA TRIAL EVIDENCE PHOTO/THE CANADIAN PRESS

▶ A car is removed from the Kingston Locks in this Shafia trial court photo.

Shafia family imam condemns killings

Fears trial may lead people to believe so-called honour killings are common in Muslim community

A Shafia family imam is denouncing what he calls "unforgivable" crimes that no religion, including Islam, could ever excuse.

The Muslim leader, Ali Falih Altaie, says people in his congregation are shocked that parents could kill their own children.

"Only people who have lost their brain do that ... It's unbelievable," Altaie said Monday.

Altaie's remarks came one day after father Mohammad Shafia, mother Tooba Mohammad Yahya and brother Hamed Mohammad Shafia were each convicted of first-degree murder in the killings of four family members.

"It's unforgivable, actually, and unacceptable by any religion."
ALI FALIH ALTAIE, SHAFIA FAMILY IMAM

The imam officiated 19-year-old Zainab Shafia's brief marriage in May 2009 to her boyfriend Ammar Wahid. The union was never registered, however, because of a disagreement between the families, he said.

Just a few weeks later, Altaie was presiding over a family funeral. Zainab, along with her younger sisters Sahar, 17, and Geeti, 13, and their father's first wife, Rona Amir Mohammad, 50, were found submerged on the Rideau Canal on June 30, 2009.

The murders have been described as so-called honour killings, a tag that concerns Altaie, who said it is "not in the dictionary of the religion."

THE CANADIAN PRESS

YOUTH PROTECTION

Lost in translation

When the Shafia girls went looking for help from youth-protection officials three years ago, their case was hampered by a uniquely Canadian bureaucratic snafu.

Their different complaints were handled by separate English- and French-language agencies that failed to share case information.

Youth protection is divided by language in Montreal, with one agency handling English complaints and the other handling ones in French and other languages.

Until the two agencies introduced a joint registry, there was no way for them to share information. That new information-sharing system came into effect in May 2009 — one month after the Shafia girls lodged their final complaint.

Officials say the new system would have raised additional alarm bells for investigators.

THE CANADIAN PRESS

Killers keep their fortune

Hamed Shafia, his father Mohammad Shafia and his mother Tooba Yahya were convicted Sunday of first-degree murder for the killings of four family members, but they will retain control over their fortune. While in prison, the Shafia family will have special inmate bank accounts, with strict limits on how they can spend the money. **THE CANADIAN PRESS**

Tech firms join forces to battle phishing

Many of the biggest companies already using new DMARC system, which aims to stop fraudulent messages

Google, Facebook and other big tech companies are jointly designing a system for combating email scams known as phishing.

Such scams try to trick people into giving away passwords and other personal information by sending emails that look as if they come from a legitimate bank, retailer or other business.

To combat that, 15 major technology and financial companies have formed an organization to design a system for authenticating emails from legitimate senders and weeding out fakes. The new system is called DMARC — short for Domain-based Message Authentication, Reporting and Conformance.

DMARC builds upon existing techniques used to combat spam. Those techniques are designed to verify that an email actually came from the sender in question. The problem is there are multiple approaches for doing that and no standard way of dealing with emails believed to be fake.

The new system addresses that by asking email senders and the companies that provide email services to share information about the email messages they send and receive.

In addition to authenticating their legitimate emails using the existing systems, companies can receive alerts from email providers every time their domain name is used in a fake message.

THE ASSOCIATED PRESS

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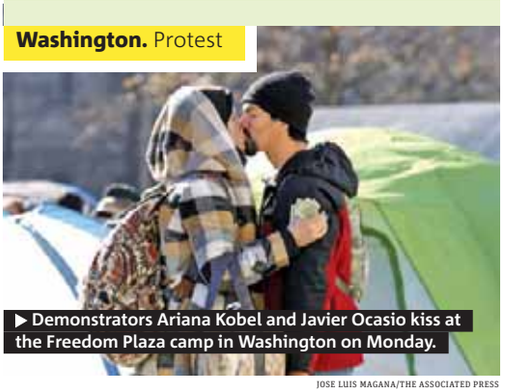
Washington. Protest



▶ Demonstrators Ariana Kobel and Javier Ocasio kiss at the Freedom Plaza camp in Washington on Monday.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Occupy D.C. faces farewell

U.S. Park Police plan to begin enforcing a no-camping rule at two Washington sites where Occupy protesters have been demonstrating for months.

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
↓	↓	↓	$2.71 US (– 4¢ US)	$1,731 US (– $1.20 US)
- 30.0 (12,436.4)	- 0.21¢ (99.72¢ US)	- 78¢ US (98.78¢ US)		

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- Qualified subjects will receive free study medication and will be reimbursed for travel expenses.

For further information, please leave a message for the Study Coordinators at 604-875-5550 ext: 63712

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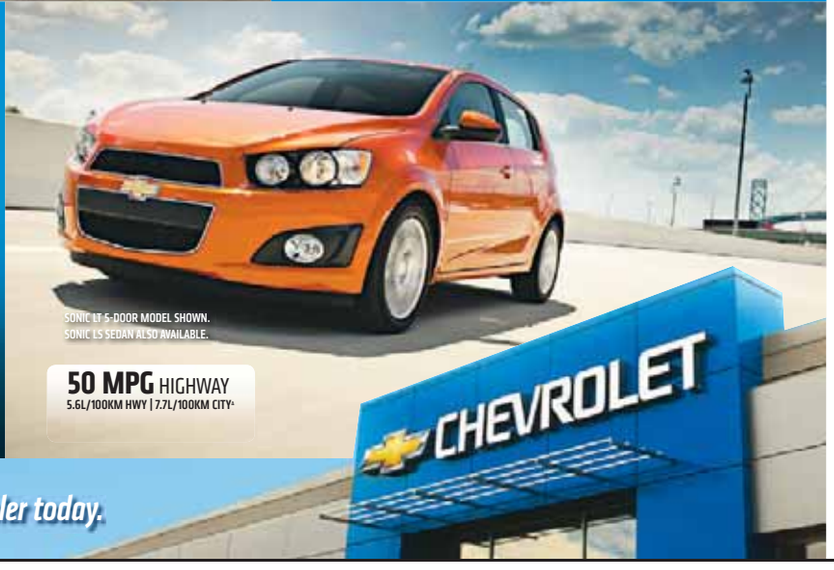

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TAKING A PAGE OUT OF TEEN FANTASIES

SHE SAYS ...

JESSICA NAPIER
METRO

I got a pimple last week. An embarrassing middle-of-the-face kind of situation. The type of blemish that would be the subject of an entire subplot on a sitcom in the early 1990s. I haven't had a proper pubescent breakout in a few years but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquey Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

I hate to admit it, but I know I'm not the only 20-something who finds shows like My Super Sweet Sixteen and Teen Mom to be equal parts horrific train wreck and totally engrossing must-see TV.

"From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section."

And this isn't just an MTV phenomenon. When done well, compelling teen-centric shows like Degrassi (in all its incarnations) can transcend their target demographic and captivate a much wider, older audience. Coming-of-age kids and their misguided life choices are television gold, but they're even better off-screen.

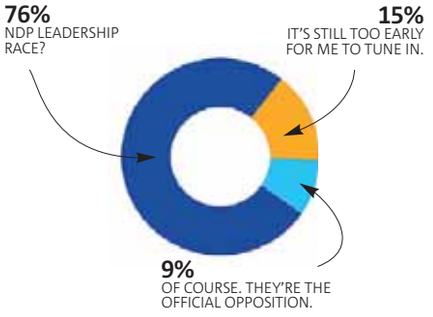
From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The Hunger Games, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent over 100 consecutive weeks and counting on the New York Times bestseller list and it's not just babysitting money keeping it there.

I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely legal actor playing a teenage werewolf, I know that maybe it's time to grow up.

Register at metropolitanpanel.ca and take the quick poll

Have you been following the NDP leadership race?



Local tweets

- **@GMMike Gillis:** We are thrilled at the initial feedback and response to mindcheck.ca. Over 28,000 unique visitors in the first 36 hours after the launch.
- **@zafrinasomani:** I want to congratulate #CanWNT for their team effort and their qualifying for #London2012. You are all an inspiration :D #CanadianPride
- **@LombardiMike:** #VSB39 Committee I topics tonite-- Right to Bike, Poverty Reduction, School Calendar, School fees,enrolment projs. bit.ly/yYjGYw
- **@FarhanLaljiTSN:** Kesler, Malhotra, Raymond & Booth on the ice early with #canucks skillscoach
- **@hopesolo:** Driving back to Seattle where I belong. Want to thank Vancouver for the new clothes, the new shoes, and the new hardware! #London2012 baby!
- **@Canucker:** Canucks are practising... This makes me so excited! :) Can't wait for tomorrow!

Daily Zoom

AUTOSTADT/SOLENT

Valet parking, German style

Robotic car silo parks your ride

WOLFSBURG, GERMANY. Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. MWN

1.5

metres per second – the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

Weird carparks

- **Umihotaru, Tokyo:** This rest/parking area is an artificial island that joins a bridge and tunnel.
- **Michigan Theater, Detroit:** Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.
- **Parkeringsbåt, Gothenburg, Sweden:** Floating parking boat dips below waterline when full.

Stacking cars for customers

HOW IT WORKS. New cars arrive from the production facility on robotic skids that transport them through a 700-metre underground system of tunnels.

After they reach the storage silos, they are hoisted up to a shelf where they are kept until picked up by the customer, usually within 24 hours. MWN

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Science fiction or fact?

The Great Digital Film Festival

For more info on the Great Digital Film Festival, visit cineplex.com/Events. Catch InnerSPACE every Monday through Friday at 6 p.m. ET on SPACE.

Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival starting Friday and running through Feb. 9. We asked InnerSPACE host Ajay Fry to take a look at the technology in sci-fi films to see how close they are to being reality

The Terminator (1984)

In 1984, James Cameron's The Terminator terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).

Back to the Future (1985)

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1928 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in Back to the Future, the film that introduced us to the joys and pitfalls of Time Travel?! 1.21 Gigawatts!

RoboCop (1987)

Set in the near future, 1987's RoboCop features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.

Jurassic Park (1993)

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.

Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomComZom' subgenre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch Shaun again on the big screen.

Serenity (2005)

Set 500 years in the future, this film follows the crew of the spaceship Serenity as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.

2 scene

Scene in brief

ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's The Visitors album. The album, including a new track From a Twinkling Star to a Passing Angel, is the first official new release by the Swedish group in 18 years.

THE ASSOCIATED PRESS

Journey to Oscars begins at the theatre for Canadian makers of Monsieur Lazhar.

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From dating George Clooney to Steve-O?

Rumours swirling that Elisabetta Canalis and former Jackass star are an item

ALL PHOTOS GETTY IMAGES

▶ Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equivalent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

METRO MONICA WEYMOUTH

▶ Steve-O

Rumer parties hard with mom?

Further analysis of the 911 call made after Demi Moore went into convulsions when she "smoked something" suggests that her daughter Rumer Willis might have been among the revellers present, according to TMZ.

During the frantic call, the man on the phone can be heard saying, "Hey, Ru, what's the name at the gate so that we can buzz them in from here?"

There's been no confirmation that Rumer was at the house at the time, but she has been hanging out with her mom a lot.

"Rumer's spent more time with her mom in the last few months than she has in a while," a source says.

In fact, at each instance of Moore's hard partying in the wake of her split from Ashton Kutcher — hitting up nightclubs in Hollywood and poolside resorts in the Caribbean — Rumer has reportedly been at her mom's side, partying right along with her. METRO

▶ Demi Moore

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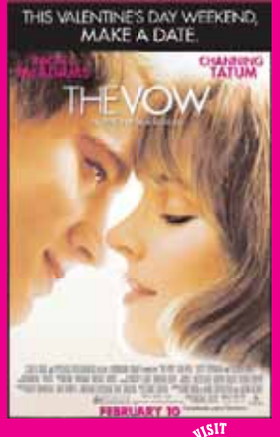

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No Googling mom and dad in Brangelina house

Brad Pitt admits that he and Angelina Jolie have had to put some interesting parental controls on their children's web activity.

For instance, the Jolie-Pitt kids can't Google their famous parents.

"On all the kids' computers we had our names blocked," Pitt tells Germany's Bild.

"They can't Google their mom and dad. I don't want to make myself dependent on what other people think."

And Pitt is hoping he and Jolie can lead by example, as they're not very interested in checking up on what folks online are saying either.

"We don't even notice all the noise," he says.

METRO

▶ Brad Pitt and Angelina Jolie.

Celebrity tweets

@ericstonestreet

I think what would surprise most people at award show parties is the sheer amount of farting I'm doing while talking to famous people.

@SandraBernhard

by the way i am not one of those performers who threaten to leave the country if the wrong pres gets elected i'm stayin cause i love it here

@MelanieGriffith

@mrskutcher thinking of you and sending love and support. Can I do anything for you? Xoxo

@AlbertBrooks

If only a machine could combine all four republican candidates together then one giant man could lose to Obama.

J.Lo on marriage: 'I don't know'

With her divorce yet to be finalized and her relationship with dancer Casper Smart still in its infancy, it might be a bit soon for Jennifer Lopez to think about tying the knot again — but that didn't stop Matt Lauer from asking, "Do you think you'll marry again?" during Lopez's visit to the Today show.

"I don't know. I don't know. I don't know. We'll see. I mean, I don't know," Lopez responded. "It's not time to think about that yet. It's still fresh."

METRO

Jennifer Lopez

Elton throws another shot at Madonna

Elton John's ongoing media fight with Madonna continues. During a Good Morning America interview Monday, he was asked what advice he had for her Super Bowl halftime performance.

"Make sure you lip sync good," he responded.

A good one, for sure. But it would have been a little sharper if he wasn't promoting the Pepsi Super Bowl commercial — that would be ***commercial***, not half time show — that he stars in with some random X Factor contestant.

Moments like these, Sir Elton, is what Madonna eats for breakfast.

METRO

▶ Elton John

ISTOCK PHOTOS

▶ A new study shows that taking a quick walk can help cut down the desires to hit the snacks.

Walk, don't snack

Taking a short stroll may stop those impulses to reach for a treat

CELIA MILNE
LIFE@METRONEWS.CA

Bored at work?

Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the University of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. Beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and alleviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

Chocolate

Chocolate is OK in moderation.

Cocoa Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Vitamin C When I was a kid, if I got a cold my mom gave me vitamin C tablets for a few days. After all, since 1970, when Nobel-Prize winning chemist Linus Pauling wrote his popular book Vitamin C and the Common Cold, many people believed that this antioxidant cured colds.

Of course, this hasn't stood up to science, based on a 2007 review of decades of research. But that review also found that daily vitamin C supplements may shorten the duration of cold symptoms. And when freelance writer Lindsay Borthwick dug deep into this subject for our story about Vitamin C in the most recent issue of Best Health (the January/February issue is on newsstands now), and spoke to leading experts, she found that in fact Vitamin C, or ascorbic acid, has many other benefits on top of that.

ISTOCK PHOTOS

It's important for the immune system, aids in the absorption of iron and may help in the metabolism of cholesterol and the production of certain brain chemicals.

But wait — there's more: Science is showing it could help prevent stroke, lower the risk of breast cancer (and maybe even treat cancer), improve mood, treat bacterial vaginosis (which affects some 10 per cent of women and 30 per cent of pregnant women) and even improve skin and signs of aging when applied topically.

For more details, check out the whole story (which includes the best food sources for Vitamin C, and how much C we should be getting daily), and speak to your doctor about how you might benefit.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS

3 life

Heels

The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position. Women also risk hammer toes, bunions, dislocated or sprained ankles, fractures, and ligament tears by constantly wearing heels. The risk is increased when occasional heel wearers go out.

METRO

Research teams making progress collecting critical data on CCSVI: MS society

The magic of Max's Burgers

Burger lovers can indulge in heavenly greasy, brioche-wrapped eats

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

What Guy Fieri loves, we love.

As I entered Cambie Village's brand new burger joint, I couldn't help but wonder if the bleach blond Food Network star had contributed to its business plan. With rock 'n' roll playing and a $55 burger on the menu, it was right up his alley. Of course, there was a line-up out the door.

Max's Burgers — the brainchild of Chef Connor Butler and Redpath Foods — offers an over-the-top menu that will leave gluttons tingling with excitement.

Enhance your sandwich with chili, bacon marmalade or Hollandaise. Spring for a mix of sides instead of one with Max's Triple Bypass (yams, Kennebec fries and onion rings fried in beef tallow). Wash it all down with a Stout and Fudge adult shake.

ERIN IRELAND

▶ The British Columbia ($12.50).

The British Columbia Burger, with its buttery house-baked brioche bun, Applewood smoked bacon, semi-sweet bacon marmalade and thick slice of cheddar, was downright delicious. One might say burger heaven. You must try this for yourself.

Max's Burgers

521 West 8th Ave.
604-873-6297
maxburgers.ca
Client negotiations: Yes
Social lunch: Yes
Price range: $6 - $14
Rating: 4 out of 5

Turkey with Avocado

Preparation:

1. In bowl, place sliced cucumbers. In small pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to boil over high heat and pour over cucumber slices. Allow mix to reach room temp., about 10 mins. Strain cucumbers, reserving juice.
2. Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

Ingredients:

- 190 g (7 oz) smoked turkey
- 1/2 avocado, sliced

Quick Pickles

- 250 ml (1 cup) English cucumbers, thinly sliced
- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

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LESLEY SCORGIE
MONEY@METRONEWS.CA

Congratulations! You've decided to sell your home; one of the biggest decisions you'll make in life. Based on referrals, you interview three realtors and learn that each will charge a hefty commission to market and sell your home.

Feeling irritated by the commission rates? You're not alone. According to ComFree's December 2011 poll of Canadians, 58 per cent of respondents would rather make a purchase from someone who is not working on commission. If you can't justify paying $15,000 in realtor commissions, you have other options. You can sell your own home privately. To do this, buy a For Sale sign from the dollar store and hang it on your lawn. Generally speaking, however, if you don't market your home through newspaper ads, Kijiji and online brokerage sites, no one will know it's on the market. The largest risks with this approach are that you may not be equipped with the right information to know how to price, market, and wade through the legalities of selling your home.

Use reduced commission listing services, such as ComFree, which allows you to market your property through its website and brokerage sites like MLS and Realtor.ca. It also provides resources to educate buyers and sellers on their local real estate market and a step-by-step real estate transaction framework. The fees for these services are less than $1,000 — a fraction of what an average home seller would pay in commission.

Sometimes less is more

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, Count on Yourself: Take Charge of Your Money, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter up our lives and then organize what is left over.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and engineering should reference simplicity in the form of KISS is very telling.

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSAs to deal with on a monthly basis.

HANDOUT

▶ Alison's money rule: Cleaning your financial closet is the first step to taking control of your money.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for example, apply the same principle of less is more. Have one investment for bonds, one to cover the Canadian market and one for the U.S. Just three products, plus some cash, and you have a perfect mix.

Keep it simple and you will find it far easier to get control financially and pay closer attention to the money side of your life.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

TALKIN' ABOUT TABLE MANNERS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

At Christmas, our extended family used different eating styles including Canadian (switching knife and fork), British (fork in your left hand, knife in your right) and Filipino (fork and spoon). I was taught to use Canadian table manners at home and in restaurants, unless eating at restaurants of different ethnicities. Is this outdated? I noticed that you had an earlier article about someone concerned about a dinner at his boss' house. Do you think that table manners will affect the way that person is perceived? (I personally think so, but again, perhaps I'm old-fashioned.) Also, do I use Canadian table manners when travelling? Thanks for your consideration,
Laura Cogill

Dear Ms. Cogill,

As you well know, table manners are a big thing for me, not because I'm such a formal person, but rather because I adamantly believe that we are judged socially and professionally by the way we conduct ourselves at the table.

As to your question, it is absolutely correct in North America to eat in either of the two styles you describe — Canadian (correctly called American style) and British (correctly called Continental style).

Where Filipino style is concerned (which I just experienced last week while I was in the Philippines), while not wrong to use it in the Philippines or when eating in a Filipino restaurant, it is preferred that American or Continental methods be used while eating in North America.

Remember the expression "when in Rome ..."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

The ABCs of investing

Choose the right savings vehicle today to prepare for a better tomorrow

JANE DOUCET
FOR METRO

Investing is an important way to save for what matters to you, such as buying your first home or retirement. But with a dizzying number of investment options available, how can you choose where to put your hard-earned cash?

"It's important to take charge of your financial future by gaining the knowledge to create a personalized financial plan that covers investments, retirement planning, tax savings, estate planning and risk management," says Robert McCullagh, a certified financial planner (CFP) and past chair of Advocis, The Financial Advisors Association of Canada. "With so many choices, the right information can make the difference in your financial success."

A CFP or a financial adviser can explain the various options. In the meantime, review these common investments to determine which is right for you:

RRSP: A registered retirement savings plan is an investment account designed for saving for retirement. Regulated by the Canadian government, RRSPs have special tax benefits. Annual RRSP contributions can reduce the amount of income tax you pay in that year or future years, and the money you put away can have years of tax-deferred growth potential. You only pay tax on the amounts you withdraw.

Mutual fund: These funds let you invest in a group of broad or specific investments picked by a professional manager. When you put your money in a mutual fund along with many other people, it creates a large pool of money that can be invested. The manager decides where to invest the money, then handles it for all of the investors. The manager will provide clients with advice, diversity and a mandate. For example, if you choose to invest in tech stocks or balanced funds, that's what you will get.

TFSA: Launched in 2009, the tax-free savings account is a flexible general-purpose savings vehicle that allows Canadians to earn tax-free investment returns to help them more easily meet their lifetime savings needs. Canadian residents age 18 or older can contribute up to $5,000 annually to a TFSA. Investment income earned in a TFSA is tax free, as are withdrawals

GIC: A guaranteed investment certificate offers a guaranteed rate of return over a fixed amount of time, such as six months, one year, two years or up to 10 years. A GIC may pay a higher interest rate than savings accounts, but not always. You may receive a higher rate of interest for a longer-term contribution, but this will restrict your ability to invest in other things. GIC returns should be adjusted for inflation and be after tax, to reflect real returns. With some GICs, if you need to get your money back sooner, you won't earn any interest; in fact, you may have to pay a fee or penalty.

HEMERA/THINKSTOCK

▶ Take charge of your financial future by gaining the knowledge to create a personalized financial plan.

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Budget basics to achieve goals

If you are one of the many Canadians who doesn't enjoy watching how you spend your money, you are not alone — even the experts don't try to sugarcoat how exciting it is to keep track of your bottom line.

"Budgets are boring," says Stephen Cox, a certified financial planner with Desjardins Financial Security Independent Network in Halifax. "Most people think of budgets as being restrictive, but they should look at them as a tool that shows what they can afford to do, not what they can't do."

Cox offers these tips for creating a monthly budget:

Define and prioritize your goals. The first step is to decide what's important, then set a maximum of three attainable goals with concrete timelines. For example, maybe you want to spend a week in Cuba one year from now. "The more specific you are with your goals, the easier it is to reach them," says Cox.

ISTOCKPHOTO/THINKSTOCK

▶ If you don't have a budget, you are likely to spend subconsciously.

Track your spending. If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost. Then determine what you needed (groceries) versus what you wanted (Friday night dinners out with friends). Eliminating as many of the "wants" as possible will help you save. "We all work too hard for what we make," says Cox. "It's important to spend it mindfully."

Summon your willpower. If you are really keen to a vacation in Cuba, you will find a way to make the necessary choices to help you save. That means making smart spending decisions such as cooking double the amount of your Sunday meal to pack for lunch during the work week.

Don't make excuses. Too rushed in the mornings to make coffee? Can't bear the thought of giving up your daily dark chocolate habit? If you are serious about saving, you will set your morning alarm 15 minutes earlier. JANE DOUCET

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Caveat emptor

Do your homework before choosing a financial adviser

JANE DOUCET
FOR METRO

When you are searching for a financial adviser, it pays to do your homework before signing on the dotted line.

"It's important for people to do their due diligence to protect themselves and their money," says Greg Pollock, a certified financial planner and the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Pollock recommends familiarizing yourself with the following points before picking an adviser:

Check credentials. Ask what kind of related education and certification the person has. Are they keeping up with industry standards? "Also, find out if they belong to a professional association," says Pollock, who cites Advocis and the Canadian Institute of Financial Planners. If they are a member of one or both, they will be obliged to follow the association's best practices.

Meet your goals

In Canada, the industry designation is certified financial planner, or CFP. Those calling themselves financial "advisers" may not be certified. CFPs take a broad view of a client's goals, whether they are one, five or 25 years away. They help them meet their goals by recommending certain products, such as RRSPs, TFSAs or mutual funds.

Don't rely solely on referrals. Word of mouth is a good place to start, but not always reliable, even if someone you trust recommends his or her own planner (think of the Earl Jones and Bernie Madoff investment fraud scandals). "Even if the person has come highly recommended, you should still be objective and do your research," says Pollock. It's also important to find the right fit. Just because your best friend likes her planner's personality and financial strategy for her money doesn't mean you will, too.

Make sure diversification is a priority. Reputable planners won't ask you to put all of your financial eggs in one basket. "That's definitely not the way to go," says Pollock. And if someone can't or won't explain the investments they are pushing, you should take your business elsewhere.

ISTOCKPHOTO/THINKSTOCK

▶ Experts say it's important for people to do their due diligence to protect themselves and their money when choosing a financial adviser.

Be wary of lofty promises. If someone promises unrealistic consistent returns, continue your search. "That's not normal because the markets go up and down, so the results will vary," says Pollock. The same advice applies if an adviser pushes you to invest beyond your comfort zone.

Stay away from confidentiality agreements. If a financial planner offers you a special deal or asks you to sign a confidentiality agreement or keep certain information secret, run in the opposite direction.

"That's a big red flag," says Pollock.

"All transactions should be open and transparent."

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TUESDAY, JANUARY 31, 2012

LEARNING CURVE

WAVEBREAK MEDIA/THINKSTOCK

Thesis in a flash at UBC competition

DANIEL HENDRIKSEN
FOR METRO

Is it possible to write a thesis in three minutes? That is what graduate students at the University of British Columbia (UBC) are being challenged to do.

Three Minute Thesis (3MT) is a competition that allows students to improve their communication and presentation skills by presenting their thesis research in less than three minutes in front of an audience.

The initiative comes from a similar concept in which 33 students from Australia and New Zealand participated in 2010. The UBC Faculty of Graduate Studies took the idea and ran with it in the spring of 2011, and they had such great success that they are doing it again this year.

Any student registered in a graduate program at UBC's Vancouver campus is encouraged to take part in UBC 3MT 2012, which takes place throughout the month of February.

The semifinals are slated for Feb. 29, followed by the final March 2.

To register and for more information, check out 3mt.grad.ubc.ca/.

Quest students enjoy hands-on experience

A group of Quest University Volcanology students recently returned from sunny Hawaii following a field trip designed to better understand the inner workings and life cycle of volcanoes. The Squamish-based school is committed to experiential learning and this was another example of how it's done.

According to Steve Quane, a physical sciences tutor at Quest U, the trip gave the students hands-on training that they could not receive in the classroom.

They were fortunate enough to conduct research on actual samples in genuine field locations and sample active lava flow.

While in Hawaii, the students studied five separate volcanoes that were at different phases of their life cycles, allowing them to see several parts of a volcano's evolution.

Their work took them from sea level to the 4,200-metre summit of Mauna Kea.

The trip was made possible thanks to the fact that Quest U uses a Block Plan schedule, which allows students to study just one course at a time for a three-and-a-half week period.

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Get a creative start at Langara

DANIEL HENDRIKSEN
FOR METRO

ISTOCKPHOTO/THINKSTOCK

Langara College will be sponsoring an event this Friday entitled Creative Mornings Vancouver. The school's electronic media design, digital media, and communication arts programs will be putting on the event, which will feature design mogul Gagan Diesh.

Diesh has been teaching and practising design for more than 17 years, and is the founder of DesignStamp — a full-service interactive studio that partners with its clients to deliver digital strategy and implementation. Diesh specializes in helping customers, businesses and technologists discover what each other needs to thrive and co-exist.

Creative Mornings is a monthly breakfast lecture series designed for those interested in a career in creative industries. It started in New York City, but has since grown to cities all over the world including Zurich, London, Berlin, Stockholm, Auckland, Milan, and Budapest. Past events in Vancouver have seen the likes of Flickr co-founder Stewart Butterfield, communications and cultural strategist Amanda Gibbs, and Juno Award-winning musician Bif Naked.

Creative Mornings will be held at the W2 Media Cafe (250-111 West Hastings St.) from 8:30-10 a.m.

For more, visit creativemornings.com.

Top science minds coming to Vancouver

Many of the world's top science minds will be meeting in Vancouver in February for the 2012 American Association for the Advancement of Science (AAAS) conference.

The non-profit organization holds an international meeting annually, and this year it will be held at the Vancouver Convention Centre Feb. 16-20. Simon Fraser University (SFU) president Andrew Petter, who is a co-chair for the conference, believes it is an important event for the evolution of science.

"The AAAS conference is a must for scientists, academics and science journalists from around the world, and provides an opportunity to showcase outstanding science taking place across Canada," Petter said in a media release.

The conference is designed for scientists, researchers and other academics to come together to communicate on major issues. More than 700 speakers are expected to attend the conference, including nine from SFU.

The theme for this year's conference is Flattening the World: Building a Global Knowledge Society.

For more, visit aaas.org/.

Teachers' information session

Saturday, February 4, 2012, 10:30am - 12:00pm

We invite kindergarten to grade 12 teachers to join us for an information session. This event is a great opportunity for teachers to:

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5378-0117

Kwantlen announces alumni awards

DANIEL HENDRIKSEN
FOR METRO

Kwantlen Polytechnic University recently announced the finalists for its 2012 Distinguished Alumni Awards. Kwantlen's Alumni Association (KPUAA) announced the seven finalists in two separate categories Jan. 23.

Community and Public Service category — Kim Baird, Chief of Tsawwassen First Nation; Stephanie Cadieux, Minister of Labour Citizens' Services and Open Government; Elizabeth Johnson, co-founder, Grace Rwanda Society; DJ Lam, operations manager, Polytechnic Ink Publishing Society.

Business and Industry category — Jack Fox, senior programmer, Boys and Girls Club of South Coast B.C.; Gozde Hilmi, director of HR, BackCheck; Shane King, incorporated partner, KNV Chartered Accountants LLP. The 2012 award winners will be announced March 2 at the River Rock Show Theatre in Richmond during Kwantlen's 30th anniversary gala and distinguished alumni awards dinner.

Doctor donates $250K to Justice Institute

It was an exciting day for the Justice Institute of British Columbia (JIBC) on Jan. 18. In addition to the winter 2012 convocation, it was announced that Dr. Irving K. (Ike) Barber, who received an honorary doctor of laws degree from the institution, was donating $250,000 to JIBC for the development of a new Aboriginal Justice Worker Certificate.

The program will be geared towards supporting Aboriginal communities in their attempts to deal with issues such as probation, parole, recidivism, incarceration, and offender reentry into the community.

ISTOCKPHOTO/THINKSTOCK

In a press release, JIBC president Jack McGee expressed his extreme gratitude to both Barber and the donation.

"We look forward to the next few years of developing this program so it can become a significant feature of JIBC that leads its graduates into further studies, including Aboriginal leadership diplomas and degrees," said McGee.

The Aboriginal Justice Worker program is scheduled to start this fall.

Top honours for engineering students

Engineering students from the British Columbia Institute of Technology (BCIT), Simon Fraser University (SFU) and University of British Columbia (UBC) took part in the 2012 Western Engineering Competition in Calgary from Jan. 18-22.

BCIT's team of Iaan Johnston, Jon Zimmerman, and Kelvin Chan took home top honours in the category of Innovative Design with their single-hand drive wheelchair project. A team from UBC consisting of James Haryett, Samim Safaei, Chandan Deol and Patrick Tsai placed third in the same category with their Infrared Fire Emergency Response System (InFERS).

In the Junior Design class, SFU's Chris Todd, Gabriel Fox, Jessica Peare and Sung Lee took first place, while Hans Seidemann and Dan Came of UBC finished second in the Impromptu Debate.

Finally, in the Consulting Engineering category, Alex Lush, Andreas Brathetland, Caroline Carstead and Julian McGree from UBC finished in third place.

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Gamers descend on Vancouver Film School

DANIEL HENDRIKSEN
FOR METRO

Vancouver Film School's (VFS) Game Design program recently hosted more than 400 game professionals and aspiring game designers at the 2012 Game Design Expo and Open House. The sixth annual expo was held at the Vancity Theatre, with the open house at the VFS Game Design campus.

Many of the gaming world's leading minds were on hand at the sold-out event, which included a keynote speech from Bethesda's director of design Bruce Nesmith. Other speakers included Emmanuel Lusinchi, associate lead designer of Star Wars: The Old Republic, as well as other game designers.

According to Dave Warfield, head of game design at VFS, the weekend could not have been more successful.

"The collection of speakers we had were both inspirational and informative," Warfield said in a press release. "Getting a behind-the-scenes look at some of the biggest and best titles of the past year was something that very few have an opportunity to do. The response from the attendees of both our Industry Speaker Day and open house was overwhelmingly positive, and I hope everyone took away as much as I did from the experience."

See gamedesignexpo.com for more.

Sprott-Shaw gets FITT accreditation

Prospective and current students at Sprott-Shaw Degree College in downtown Vancouver will be happy to hear that the school recently became an official Forum for International Trade Training (FITT) Education Partner.

It was recently announced that Sprott-Shaw's International Business Management (IBM) program had been accredited by FITT, which gives students the practical skills they need to succeed in today's competitive global marketplace.

FITT is a non-profit organization established in 1992 and was created through the combined efforts of industry and government. Graduates of Sprott-Shaw's IBM program will now have superior status towards the Certified International Trade Professional (CITP) education requirements by transferring their credits to FITT.

CITP is recognized globally in the World Trade Centers Association and is widely viewed as the standard of excellence. Those with its accreditation are highly sought after by employers.

For more, visit degreecollege.ca.

DANIEL HENDRIKSEN

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
English as a Second Language Wednesday, Feb. 1, 10:00 a.m. – room 5025	Broadway
Career planning and job search courses Monday, Feb. 6 & 13, noon – room 236	Downtown
TESOL programs Tuesday, Feb. 7 & 14, noon – room 518	Downtown
Baking and pastry arts Wednesday, Feb. 8, 10:30 a.m. – room 216	Downtown
Dental technician Wednesday, Feb. 8, 9:30 a.m. – room 332	Downtown
Digital graphic design Friday, Feb. 10, 4:30 p.m. – room 721	Downtown
MasterValuer appraisal program Monday, Feb. 13, 6:30 p.m. – room 164	Downtown
Esthetics Wednesday, Feb. 22, 4:30 p.m. – room 201	Downtown
Hair design Wednesday, Feb. 22, 4:30 p.m. – room 201	Downtown
Culinary arts and Asian culinary arts Friday, March 2, 9:30 a.m. – room 112 (Theatre)	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

View all VCC Info sessions and tours

vcc.ca

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A whole new ball game?

Comparisons to 2008 Super Bowl unavoidable as Giants and Pats set up shop in Indianapolis

MORRY GASH/THE ASSOCIATED PRESS

▶ The New York Giants arrive in Indianapolis on Monday.

Here we go again.

Four years after what many consider the best finish in Super Bowl history, the Giants and Patriots are facing off once more for the NFL championship. While there are no perfect records on the line this time, this matchup could be equally enticing.

It certainly looks that way heading into Sunday's big game. In 2008, with New England undefeated and having beaten New York in the regular-season finale, the Patriots were 12-point favourites before the stunning 17-14 upset loss. The spread now is three, and the Giants beat New England during the season.

Both teams are on quite a roll, too. The Patriots (15-3) have won 10 straight — it was 18 in a row in '08 — and the Giants (12-7) have five consecutive victories.

All of which matters not a bit to Bill Belichick, who will tie a record for head coaches with his fifth Super Bowl appearance.

"I've been asked about that game for several days now. All of the games in the past really don't mean that much at this point," said Belichick, 3-1 in NFL title games. "This game is about this team this year. There aren't really a lot of us coaches and players who were involved in that game, and very few players, in relative terms, between both teams. We are where we are now, and we're different than where we were earlier in the season. The Giants are where they are now, and I think they're different than where they were at different points of the season."

"To take it back years and years ... I don't think it has too much bearing on anything."
PATRIOTS COACH BILL BELICHICK ON COMPARING THE 2008 SUPER BOWL TO THIS SUNDAY'S

The loss still reverberates for former Patriots linebacker Rosevelt Colvin.

"It was like getting punched in the stomach," he said. "I still can't watch the highlights from that game because of the opportunity we missed out on was so grand."

Having come this far before is immeasurably helpful, according to Justin Tuck, the leader of the Giants defence whose return to health and form has keyed New York's resurgence. He says the experience of four years ago will benefit everyone.

"The only thing that I tell the younger guys is make football football," Tuck said. "There's going to be a lot of parties. There's going to be a lot of people pulling at your coattail. Listen, if you go out there and you handle your business and you win this game, you can party all you want to after that.

"For me, personally, the first time I went to a Super Bowl I approached it as such — as a once-in-a-lifetime thing."

Lawrence Tynes kicked the Giants into the Super Bowl in overtime in '08 and — incredibly — this year, too. Wes Welker led the Patriots with 112 catches that season and had 122 in this one.

Similarities and differences, all juicy elements for Giants-Patriots II.

Here we go again.

THE ASSOCIATED PRESS

16
Number of current Giants who played on their Super Bowl-winning team in 2008. Only seven Patriots from that game are still with New England.

Women's soccer league suspends season

Three days after leading the Canadian women's soccer team to the Olympics, captain Christine Sinclair finds herself without a club side for the 2012 season.

Women's Professional Soccer won't play this year amid a legal dispute with an ousted owner. The league's board of governors voted Monday to suspend the season with hopes of resuming in 2013.

The decision to suspend the WPS season left many players, including Sinclair, scrambling because the announcement came the same day a FIFA international transfer window was due to close.

"I'm just trying to figure everything out with where I'm going to go play," Sinclair told a reporter between calls to find a new team.

Sinclair and fellow Canadian international Candace Chapman played for the league-champion Western New York Flash last season. Karina LeBlanc played for the magicJack franchise at the centre of the dispute and Lauren Sesselman played for the Atlanta Beat.

"What's important to us is that the best female players have an opportunity to get to the highest level possible and along the way be compensated for it."
WHITECAPS PRESIDENT BOB LENARDUZZI

Chapman and LeBlanc joined Sky Blue FC last November.

In October, the WPS terminated its South Florida franchise after clashing with owner Dan Borislow all season. A Florida judge ruled earlier this month that the league failed to follow its own dispute procedures when it terminated the franchise, and another court hearing is set for Wednesday.

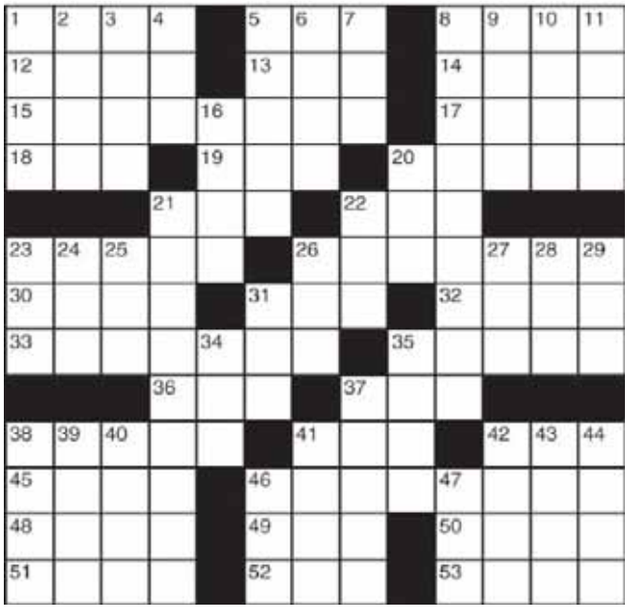
THE ASSOCIATED PRESS

The league

WPS has played three seasons.

▶ It needed a waiver from the U.S. Soccer Federation to be sanctioned as a first-division league in 2012 with only five teams, below the required eight. In the deal with the governing body, WPS agreed to increase the number of teams to a minimum of six for 2013 and at least eight for 2014.

Crossword



Across

1 "OK"
5 Unruly crowd
8 Trail
12 Creche trio
13 Flightless bird
14 Great Lake
15 Important campaigns
17 Streamlet
18 Beerlike beverage
19 Triumph
20 Choir's rendition
21 Historic time
22 Greek cross
23 Sucker
26 Processions
30 Grand story
31 Moving truck
32 Use an old phone
33 Video-game parlors
35 Irritable
36 Snapshots, for short
37 Ph. bk. data
38 Inexpensive
41 Atmosphere
42 Eggs
45 Highway
46 Soldiers' "pineapples"
48 Differently
49 And so on (Abbr.)
50 Sweater eater
51 Drenches
52 Old soap ingredient
53 Helen's home

Down

1 Village People hit
2 Count's counterpart
3 Malaria symptom
4 — and hers
5 TV, radio, et al.
6 Portent
7 Greyhound vehicle
8 Convinces
9 Met melody
10 Work the soil
11 Steerer's place
16 Wrong
20 Standard
21 Adventures of a sort
22 Catch some rays
23 Pod dweller
24 Spring mo.
25 Twitch
26 — de deux
27 Insult (Sl.)
28 Dine
29 Crafty
31 Annoy
34 Party bowlful
35 Ripped
37 Family member
38 Coxswain's group
39 Pit
40 Right on the map?
41 Bohemian
42 Stench
43 No from the White House
44 Wan
46 Toothpaste type
47 Qty.

▶ Monday's answer

Sudoku

			3					
		5		4		7		
		8	7				1	9
1		9			6			3
6								1
3			8			4		2
7	2				5	3		
		1		6		8		
					4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

5	7	2	6	4	3	1	9	8
8	4	3	1	9	7	2	6	5
1	9	6	2	8	5	3	4	7
9	5	1	7	6	2	8	3	4
3	2	8	5	1	4	9	7	6
4	6	7	8	3	9	5	2	1
7	3	9	4	5	8	6	1	2
2	1	5	9	7	6	4	8	3
6	8	4	3	2	1	7	5	9

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

My Prince
I am sooooo in Love with you!! I want to wrap my arms around you and never let you go! XO
FROM YOUR DIRTY GIRL

tigress
i'd almost sleepwalked away from you, now i m turning around. my masks are off and its only you in my heart. I want you
YOUR PASSIONATE, DRAGON PRINCESS

BK
A day without laughter is a day wasted. Let's never waste another day. I love you
FROM KC

MehnerKing
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Wednesday 8°/5° Showers 40%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.

♉ Taurus April 21-May 21
If you dream about moving up in the world and of being someone special, now is the time to make it happen.

♊ Gemini May 22-June 21
Whatever restrictions you have been under these past few weeks seem to be disappearing fast.

♋ Cancer June 22-July 22 Stick to the facts today, especially when dealing with money matters.

♌ Leo July 23-Aug.23
Life should be about people, not profits.

♍ Virgo Aug. 24- Sept. 22
If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

♎ Libra Sept. 23-Oct. 23
You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

♏ Scorpio Oct. 24-Nov. 22
You are likely to be somewhat emotional today but if it means other people are made aware of your needs then it's a good thing.

♐ Sagittarius Nov. 23-Dec. 21 Even if you say the wrong things today you will get away with it.

♑ Capricorn Dec. 22-Jan. 20
You can and you must turn your attention to matters of a business and financial nature.

♒ Aquarius Jan. 21-Feb. 18
Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.

♓ Pisces Feb. 19-March 20
Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

SALLY BROMPTON

Caption contest

PETER DEJONG/THE ASSOCIATED PRESS

NORBERT MILLAUER/DAPD/THE ASSOCIATED PRESS

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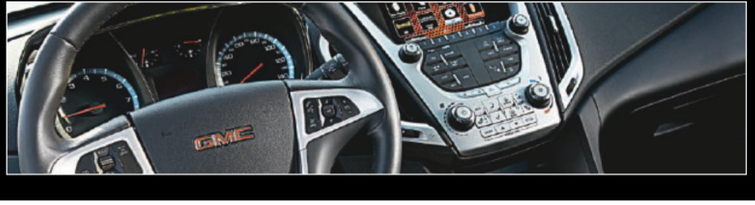

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